

ACTS Prayer Plan

How often do we sit down to pray, and this happens: we think of our family; we pray for our family; we think of all we have to do that day; we pray God would bless all we do; we sit some more, and then we say Amen. Our prayer life should be more than a laundry list of prayer requests. This resource gives us more structure and more holistic themes for prayer. To start, try spending 3 minutes in each of the four sections. Notice which sections were easiest and most difficult for you. With practice, each area will become easier and more natural.

ADORATION - Entering Holy Space

- Sets the tone for the entire prayer
- Reminds us of God's identity and inclination
- Can purify the one who is praying
- God is worthy of adoration
- Thank God for his specific attributes, character, or personality
- See next page for more "helps"

CONFESSION - Naming Your Faults (Psalms 103:12, 1 John 1:9)

- Try not to lump them together, but confess them specifically
- Then pray, "Please give me your strength to put this sin behind me and live more righteously."

THANKSGIVING - Expressing Gratitude (Psalms 103:2, 1 Thess 5:18)

- There are four kinds of blessings to thank God for:
 - Answered prayers
 - Spiritual blessings
 - Relational blessings
 - Material blessings
- Look at Luke 17:11-19, where Jesus heals the lepers. All of those who were healed were undoubtedly grateful to Jesus, but only one came back and directly thanked him.

SUPPLICATION - Asking for Help (Philippians 4:6-7, James 4:2)

- Areas of supplication
 - People: authorities, the lost, the sick, etc.
 - Family: parents, siblings, household issues or decisions, marriage, children, etc.
 - Personal: character growth, fruit of the Spirit, personal needs, direction, purpose, etc.
 - Ministry: the things God wants you to do or people to invest in, your church, your Christian fellowship, etc.

ASSIGNMENT: Pray in this format for two weeks, at least three times a week (no more than 15 minutes each time). After one prayer time, record your reactions, including which section was most easy and which was most difficult.

Adoration

God is love

“Whoever does not love does not know God, because God is love. This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him. This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins.” 1 John 4:8-10

God is merciful

“He saved us, not because of righteous things we had done, but because of His mercy.” Titus 3:5a

“But because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions - it is by grace you have been saved.” Ephesians 2:4-5

God is our creator (powerful)

“In the beginning God created the heavens and the earth.” Genesis 1:1

“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things and by Your will they were created and have their being.” Revelation 4:11

God is faithful

“Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness.” Lamentations 3:22-23

“Praise the Lord, all you nations; extol Him, all you peoples. For great is His love toward us, and the faithfulness of the Lord endures forever. Praise the Lord.” Psalms 117

God is holy (perfect, sinless, altogether ‘other’)

“Each of the four living creatures had six wings and was covered with eyes all around, even under his wings. Day and night they never stop saying, ‘Holy, holy, holy is the Lord God Almighty who was, and is, and is to come.’” Revelation 4:8

“Let them praise Your great and awesome name - He is holy. Extol the Lord our God and worship at His footstool; He is holy.” Psalms 99:3,5